

Muscle Strengthening at Home (Introduction)

(Dave Patania)

I'm Dave Patania, and I'm here to show you some of the many strengthening activities that you can do in the comfort of your own home on your own schedule.

Now, my friend Rachel has joined me to help demonstrate the correct way to do strengthening activities at home.

Muscle strengthening is an important part of the Physical Activity Guidelines. You should do muscle strengthening activities that work all seven major muscle groups at least two days per week. Those muscle groups being the legs, hips back, chest, abdominals, shoulders and arms. Now, it's essential that you work each of these seven muscle groups a minimum of twice a week, in addition to your aerobic activity.

Now, if you've never done muscle strengthening, or if it's been a long time, I urge you to slowly work your way into a regular schedule.

A tip on starting, or starting back, with strengthening activities is to use a small weight, like this 3-pound dumbbell, and increase the weight gradually. This will help you gain strength in a safe manner.

Now, each time Rachel lifts the weight up and down, that's what we call a "repetition."

And when she's completed 8 to 12 repetitions, it's what we refer to as "a set."

Now, it's recommended that you do at least 1 set of 8 to 12 repetitions on 2 or more days per week for each muscle group. In this section, we'll be teaching you several specific activities for each muscle group. Now let's get started.